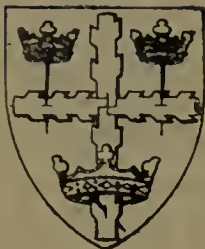


12-4411/11-12-12

BOROUGH OF



COLCHESTER.

ANNUAL REPORT

OF THE
MEDICAL OFFICER OF HEALTH

W. F. CORFIELD,

M.D., B.S., London; M.R.C.S., England; L.R.C.P., London
D.P.H., Cambridge.

MEDICAL OFFICER OF HEALTH;

SCHOOL MEDICAL OFFICER;

MEDICAL SUPERINTENDENT OF THE ISOLATION
HOSPITAL AND SANATORIUM;

AND

TUBERCULOSIS OFFICER.

1945.

Colchester:

WILES AND SON LTD., TRINITY STREET

THE HEALTH DEPARTMENT, 1945.

Medical Officer of Health, etc. :

W. F. CORFIELD, M.D.; B.S. (Lond.), D.P.H. (Camb.).

Deputy Medical Officer of Health, etc. :

R. W. CUSHING, M.A., M.B., B.Ch. (Oxon).

Dental Surgeon :

J. F. GODFREY, L.D.S., R.C.S.

Sanitary Inspectors :

†*A. FISHER.	†*O. R. WARNER.	†*C. J. JACOBI.	Vacancy.
†Sanitary Inspector's Certificate.	*Meat Inspector's Certificate.		

Health Visitors :

*††MISS E. R. SMITH.	
*††MRS. M. E. HUNT.	*††MISS M. G. PENNIOR.
*††MISS A. E. BICKERDIKE.	*††MISS L. FLETCHER
(to 25th Oct., 1945).	

Chief Clerk and Laboratory Assistant :

R. D. SARGEANT, A.C.C.S.

Disinfectors :

H. EDWARDS.

Rat Operator :

E. J. V. FOXALL.

Matrons :

Isolation Hospital and Sanatorium :

*†MISS D. COPLIN.

Maternity Home :

*†MRS. F. DENNIS.

Day Nurseries :

†MRS. K. ANNESLEY.

MISS N. K. ANDREWS.

* Certified Midwife. † State Registered Nurse. ‡ Health Visitor's Certificate.

PART-TIME SPECIALISTS :

Surgeon, Isolation Hospital :

RONALD REID, F.R.C.S.

Orthopaedic Surgeon :

T. ALEXANDER OGILVIE, F.R.C.S.

X-Ray Specialist :

J. ORD PENDER SMITH, M.B., Ch.B. (Edin.), D.M.R.E. (Camb.).

Medical Officer—Ante-Natal Clinic :

GWYNEDD HUGH-JONES, M.B., B.S. (Lond.), M.M.S.A.

Masseuse :

MISS M. TAYLOR, C.S.M.M.G., M.E., L.E.T.

Veterinary Surgeon :

C. T. MURPHY, M.R.C.V.S.

Public Analyst :

A. H. MITCHELL MUTER, F.I.C.

BOROUGH OF



COLCHESTER.

BOROUGH & PORT HEALTH COMMITTEE,
1945-46.

THE RIGHT WORSHIPFUL THE MAYOR,
COUNCILLOR H. G. THOMPSON.

Chairman :

ALDERMAN MRS. R. L. BENSUSAN-BUTT, M.D.

Deputy-Chairman :

ALDERMAN H. H. FISHER, J.P.

Members :

COUNCILLOR MRS. FISHER.

COUNCILLOR A. CRAIG.

COUNCILLOR S. E. HUNWIOKE.

COUNCILLOR M. E. LAMPARD, M.D.

COUNCILLOR MISS K. E. SANDERS, R.R.C., J.P.

COUNCILLOR MRS. K. L. PEARTREE.

Maternity and Child Welfare Committee :

The Health Committee with the addition of
MRS. W. W. TOWNSEND, J.P., and
MRS. M. PYE.

HEALTH OFFICES,
TRINITY STREET,
10th Aug., 1946.

*To the Mayor, Aldermen and Councillors
of the Borough of Colchester:*

MR. MAYOR, LADIES AND GENTLEMEN,

I have the honour of presenting to you my Annual Report upon the Health and Sanitary circumstances of the Borough for the year 1945.

The estimated population in my opinion continues to be upon the low side. Many of the statistics will be a good deal more interesting after a census has been taken.

The Birth Rate has fallen a little and the Death Rate is slightly lower.

There is no great change in any of the other statistical figures. In my last Annual Report I referred to a number of suggestions for the future and there is no reason to do more than draw attention to these suggestions again. I am sure that my successor will continue to receive the great support of the Council to such improvements for the health of the community that I have always received and which I gratefully acknowledge.

For what I am sure will be the last time in this Report I beg to thank all past and present members of the Health and Maternity and Child Welfare Committee for the great consideration and kindness shown to me throughout my 37 years of service.

It is always pleasant each year in this report to thank those with whom I have worked most closely and no Medical Officer of Health could wish for better, more generous and helpful assistants than I have had in the Health Office and various Institutions of which I have the honour to be in charge.

Finally, I particularly wish to thank my Deputy and Assistant, Dr. R. W. Cushing, for very many years of friendship and helpful co-operation.

I am, Mr. Mayor, Ladies and Gentlemen,

Your obedient servant,

W. F. CORFIELD.

Medical Officer of Health, etc.

Report of the Medical Officer of Health for the year 1945.

A Report as directed by Circular 28/46 of the Ministry of Health.

NATURAL AND SOCIAL CONDITIONS.

Population (R.G. Estimate)	44,940
Birth Rate (700 Legitimate Births, 125 Illegitimate)			18.36
" " England and Wales	16.1
Death Rate per 1,000 of the population		12.4
" " England and Wales	11.4
Percentage of total deaths occurring in Public Institutions	45.6
Women dying in, or in consequence of, Child-birth			
From Sepsis, —		From other Causes, —	
Infantile Mortality Rate per 1,000 live births			
Legitimate, 40.	Illegitimate, 40.	Total	40.0
Deaths from Measles	—
" " Whooping Cough	1
" " Diarrhoea (under 2 years)	6
Pulmonary Tuberculosis Death Rate	0.31
Other Tuberculous Diseases Death Rate	0.18
Cancer Death Rate	1.67
Rateable Value, £372,559. Product of a Penny rate, £1,485.			

The Estimated Population, even though it is without the Military Population, appears to be low to those who know the very crowded state of the Borough. If it is low, as has been pointed out in previous reports the effect will be to raise unduly the rates, such as the Death Rate, that are calculated upon the population figure.

The Birth Rate has fallen both in Colechester and for England and Wales, but the Colechester rate remains a good deal higher than that for the whole country. It is regrettable to find that while legitimate births have fallen from 800 in 1944 to 700 in 1945, the number of illegitimate births has increased by 26 during the same period.

The Death Rate is a little lower but is high for Colechester. This may be due to a low population figure as already noted.

No women died as a result of Child-birth. Under present conditions this speaks highly for the Midwifery of the Borough.

The Infantile Mortality Rate is a little up but the figure of 40 cannot be considered a high one. The peculiarity of this Rate is that the Rate for Legitimate Births and that for Illegitimate Births are the same, i.e. 40.

There were 28 deaths among 700 legitimate babies giving a rate of 40 per 1,000 births, and in 125 illegitimate births there

were 5 deaths giving the same rate of 40 per 1,000. This rate for illegitimate babies is decidedly low and it speaks well for the constant care of the health visitors.

Again there were no deaths from Measles and while deaths from Whooping Cough were halved those from Diarrhœa were doubled. However, the only significance of these figures is that they remain satisfactorily low.

While the Death Rate from Other Forms of Tuberculosis has risen slightly, it is very gratifying to find a small drop in the rate for the Pulmonary type of this disease.

There is also a welcome fall in the Cancer Death Rate.

DEATHS OF CIVILIAN RESIDENTS, 1945.

<i>Cause of Death.</i>	<i>M.</i>	<i>F.</i>	<i>Total.</i>
Whooping Cough	—	1	1
Pulmonary Tuberculosis	8	6	14
Non-Pulmonary Tuberculosis	6	2	8
Syphilitic Diseases	3	1	4
Influenza	1	2	3
Cancer of Buccal Cavities and Oesophagus	3	—	3
Cancer of Uterus	—	5	5
Cancer of Stomach and Duodenum	4	7	11
Cancer of Breast	—	7	7
Cancer of all other sites	32	17	49
Diabetes	2	3	5
Intracranial Vascular Lesions	24	38	62
Heart Disease	90	97	187
Other Diseases of Circulatory System	9	11	20
Bronchitis	11	6	17
Pneumonia	10	8	18
Other Respiratory Diseases	6	4	10
Ulcer of Stomach or Duodenum	2	2	4
Diarrhœa (under 2 years)	3	3	6
Appendicitis	—	3	3
Other Digestive Diseases	5	8	13
Nephritis	4	5	9
Premature Birth	3	2	5
Congenital Malformation, Birth Injuries and Infantile Diseases	10	2	12
Suicide	3	3	6
Road Traffic Accidents	4	1	5
Other Violent Causes	6	2	8
All Other Causes	34	28	72
	283	274	557

Increased causes of death were due to:—heart disease, non-pulmonary tuberculosis, pneumonia, syphilis, suicide and infantile diarrhœa.

There were decreases in the deaths from:—cancer, intra-cranial vascular lesions, ulcer of the stomach, nephritis and violence.

1945. DEATHS OF COLCHESTER RESIDENTS OVER 70 YEARS OF AGE.

	Aged 70 and under 80	Aged 80 and under 90	Aged 90 and over	Total
Male ...	88	43	3	134
Female ...	73	78	5	156
Total ..	161	121	8	290

Two persons were each aged 90, 91, 92, and 94.

It is worth noting that out of 557 deaths in Colchester 290; i.e. a good many more than half were over 70 years of age and nearly one quarter were over 80.

BIRTH-RATES, CIVILIAN DEATH-RATES AND ANALYSIS OF MORTALITY IN THE YEAR 1945.

	England and Wales	126 C.Bs. and Great Towns including London	148 Smaller Towns Resident Pop. 25,000 to 50,000 at 1931 Census	London Adm. County	Colchester
Rates per 1,000 Civilian Population					
Live Births ...	16.1	19.1	19.2	15.7	18.4
Still Births ...	0.46	0.58	0.53	0.40	0.51
Deaths—					
All Causes ...	11.4	13.5	12.3	13.8	12.4
Typhoid and Paratyphoid	0.00	0.00	0.00	0.00	0.00
Scarlet Fever...	0.00	0.00	0.00	0.00	0.00
Whooping Cough ...	0.02	0.02	0.01	0.02	0.02
Diphtheria ...	0.02	0.02	0.02	0.01	0.00
Influenza ...	0.08	0.07	0.07	0.07	0.06
Measles ...	0.02	0.02	0.02	0.01	0.00
Rates per 1,000 Live Births:—					
Deaths under 1 year of age ...	4.6	5.4	4.3	5.3	4.0
Deaths from Diarrhoea and Enteritis under 2 years of age ...	5.6	7.8	4.5	7.6	7.3

Most of the Colchester figures in the above table are about the same as those in other similar districts but three are worthy of attention. There were no deaths from Diphtheria or Measles and the Infantile Mortality Rate of Colchester is the lowest in the table.

LABORATORY, 1945.

Specimen and Examination.	Positive.	Negative.	Total.
Swabs for K.L.B.	47	215	262
Urine, abnormalities	36	2,582	2,618
Sputum for T.B.	3	51	54
Milk for T.B.	1	10	11
Meat for T.B.	—	5	5
Blood for Anthrax B.	—	6	6
Smear for Gonococci	—	1	1
	<hr/> 87	<hr/> 2,870	<hr/> 2,957

In addition 99 Samples of Water were bacteriologically examined.

	Samples.	Satisfactory.	Unsatisfactory.
Town Water Supply	84	84	—
Well Waters	10	5	5
Water from Bathing Pool	5	4	1

The large number of specimens of urine tested in the laboratory are from the antenatal clinics.

Water from the various sources of supply to the town are regularly tested each month.

STAFF.

In October, 1945, Nurse Fletcher resigned her position as Health Visitor, and it has been found impossible to fill her place. Similarly, there is a vacancy for a Sanitary Inspector. In the latter case it was the housing shortage that made it impossible to fill the position. This post has been vacant since May, 1944.

Mr. Edwards returned early in the year from his service in the Ordnance Corps to resume his work in the Sanitary Inspector's Department.

Also in October, Dr. Cushing took up his position again as Deputy Medical Officer of Health. During his absence the school work was taken over by the County Council under the Education Act, 1944, and Dr. Cushing became a County Officer who gives part of his time to duties in the Borough.

Dr. Winifred Walker, who had taken Dr. Cushing's place during the war, was now engaged to look after certain of the Infant Welfare Clinics as the attendances at these had grown

very considerably owing to the great increase in the number of little children.

Brook Street Day Nursery has had a checkered career owing to the frequent changes of Matron. During the year Miss Tynan resigned to take up a better position and Mrs. Gardner took her place only to resign a few months later on account of pregnancy. The present Matron is Miss N. K. Andrews and this nursery shows every prospect of settling down very satisfactorily under her care.

DIPHTHERIA IMMUNISATION CLINIC 1945.

Age.	Jan.	Feb.	Mar.	April	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.	Totals
9/12—5 years ...	18	29	56	26	29	21	72	75	37	39	53	35	490
5—10 years ...	4	25	13	1	5	3	37	5	4	3	14	5	119
10—15 years ...	2	—	—	—	—	1	1	2	—	1	5	1	13
Adults ...	—	1	—	—	—	—	—	—	—	—	—	—	1
Total ...	24	55	69	27	34	25	110	82	41	43	72	41	623

Re-immunised—Under 5—57, 5-15—180. Total—237.

The total number of children immunised is up by 119. The largest number of these are pre-school children, but also a number of school children were immunised and re-immunised as it is difficult to refuse re-immunisation to the parents of children who as babies were immunised in the Colehester Clinic.

The number of children re-immunised increased by 99. Only 4 children under the age of 15 were notified as suffering from Diphtheria during the year. One of these had been immunised in 1941, but at that time very small doses (since considered inadequate) were the recognised procedure. She was due for re-immunisation just when she contracted the disease in a severe form. She was seriously ill but eventually made a good recovery. Her previous immunisation most probably saved her life.

Immunisation does not guarantee a child against Diphtheria, but saves the majority from an attack and modifies the attack, usually considerably, in those who unfortunately develop the disease.

Before immunisation it was not unusual to have 50 cases of Diphtheria from the Borough in the Isolation Hospital each year. In the table on page 24 it will be seen that in 1945 there were only 7 cases, 4 of whom were adults.

In 1944, 4 adults but no Borough children were admitted. Thus in two years only three Borough children needed hospital treatment for this disease.

SANITARY CIRCUMSTANCES OF THE AREA.

Steadily the sewerage scheme spreads its network of pipes over the Borough. During 1945 the foul sewer was extended by 3,340 yards and the storm water sewer by 3,000 yards. One new cess-pool had to be constructed in an outlying district, but 2 cess-pools were done away with, being replaced by modern drainage.

The new deep-bore well at Paxman's Works was the only new well sunk and no old wells were done away with.

The system of Refuse Collection and Disposal remains as in previous years. The large modern collecting vans have proved themselves to be expeditious and cleanly in undertaking this work.

WATER.

A full account of the water supply was included in the Report for 1944. Attention was then drawn to the fact that some of the feeder-mains were too small. This has now been corrected except in the Ipswich Road area.

Chlorination of the water was given up in 1945 except in the case of the water from the Lexden Springs. It was considered advisable to continue the chlorination of this supply.

The Sheepen Spring water has been taken out of public supply. It is now mixed with the Clarke's meadow water and piped direct to the L.N.E. Railway.

Sanitary Inspection.

General Summary of Work carried out by Sanitary Inspector's Department under Public Health Acts, Housing Acts. Byelaws, etc.

Defects found	1,863
Defects remedied	1,859
Factories and Workshops Inspected		22

Housing.

Floors or walls or ceilings repaired	274
Doors or windows provided or repaired	175
Ovens or fire-grates repaired or renewed	43
Stairs repaired	3
Rooms cleansed	180
Roofs repaired (including rain-pipes and gutters)	182
Chimneys repaired or renewed	23
Damp houses remedied	48
Yards paved or repaired	18
Other housing repairs	54

Drainage.

Repairs and improvements	159
Water closets provided or repaired	308

Other Sanitary Work.

Houses disinfected	24
Clothing and other articles disinfected	12,110
Dustbins provided	436
Re-visits in connection with Sanitary Notices	3,211
Offensive accumulations removed	6
Pig-keeping nuisances abated	—
Other nuisances or matters attended to	66

In spite of the absence of one Sanitary Inspector, the remaining three have increased the amount of work carried out during 1945.

The Defects remedied are up by nearly 300 and almost every one of the other figures shows a definite increase.

Housing repairs are still difficult and take time, but it is most satisfactory and it indicates the persistence of the Senior Inspector that he manages to get so much housing work completed. Every one of the figures (except that under "stairs repaired") is well above the figure for 1944.

MILK AND DAIRIES ORDERS AND REGULATIONS.

Cowsheds and dairies are regularly inspected and 121 inspections were carried out. All are well looked after and only 3 minor contraventions of the orders were noted. These were put right directly attention was drawn to them.

Premises and Occupations controlled by Bye-laws and Regulations, and Offensive Trades.

	Number.	Inspections.
Fish Frier	24	22
Gut Scraper	1	2
Tallow Melter	1	2
Rag, Bone and Skin Dealer	7	9
Bone Boiler	1	2
Tripe	1	—
Total	35	37
Horse Slaughterer	1	3

Fish friers are slowly re-opening their businesses and two more have re-opened their premises, leaving 8 businesses still closed.

These occupations are all carried out satisfactorily and in a cleanly manner. No complaints have been received during the year.

Common Lodging Houses.

The 2 common lodging houses continue to serve a useful purpose. They are visited and inspected from time to time and have always been found to be conducted in a proper and orderly manner.

Eradication of Bed Bugs.

Dwelling Houses Infested—Council 2, Others 71	73
„ Houses Disinfested—Council 2, Others 71	73
Rooms in these—Infested and Disinfested	178

The number of infested Council houses has fallen from 5 to 2, but other houses have risen from 57 to 71. It is disappointing to find this increase. The number of old houses is partly responsible for the continuing presence of bugs but now that the war has been over for twelve months this figure should begin to fall, particularly as cleaning materials become more plentiful.

In this connection it is gratifying to report that Scabies is a great deal less prevalent.

RATS AND MICE (DESTRUCTION) ACT, 1919.

The Infestation Order, 1943.

Inspections	3,683.	Premises freed	199
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The Rat Operator carried out nearly 400 more inspections than in 1944. He is frequently followed-up by the Sanitary Inspectors who enforce necessary structural repairs. In 10 instances notices were served requiring work to be undertaken and in 2 cases statutory notices were served.

The refuse tip and other corporation lands are regularly visited and examined and where necessary rat destruction is taken in hand. Testing the sewers was carried out and parts infested will be treated during 1946.

HOUSING.

Statistics for the Year 1945.

New Houses completed—10. Temporary Bungalows—26.

I.—Inspection.

Number of dwelling-houses inspected	1,122
Number of dwelling-houses found to be unfit for human habitation	—
Number of dwelling-houses found not to be in all respects reasonably fit for human habitation	1,077

II.—Number of defective houses rendered fit by Informal Action	745
---------------------------------------------------------------------	-----

III.—Action under Statutory Powers.

Under Sects. 9, 10 and 16, Housing Act, 1936—

Number of dwelling-houses in respect of which notices were served for repairs....	1
-----------------------------------------------------------------------------------	------	---

Number rendered fit—

(a) By owners	1
---------------	------	---

(b) By Local Authority in default	—
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Under Public Health Acts—

Number of dwelling-houses in respect of which notices were served for repairs	210
------------------------------------------------------------------------------------	------	-----

Number complied with—

(a) By owners	136
---------------	------	-----

(b) By Local Authority in default	37
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C. Proceedings under Sections 11 and 13 of the Housing Act, 1936—

(1) Number of dwelling-houses in respect of which Demolition Orders were made	—
-------------------------------------------------------------------------------	------	---

(2) Number of dwelling-houses demolished in pursuance of Demolition Orders	—
----------------------------------------------------------------------------	------	---

D. Proceedings under Section 12 of the Housing Act, 1936

....	—
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The number of houses inspected has nearly doubled during the year with the result that the number of houses rendered fit is also nearly double the figure of the previous year.

In many instances the defects were slight and it must not be thought that the 745 houses mentioned in para. II above were all in a really bad state of repair. Every householder knows how quickly defects occur if it is only broken sash-cords or children picking-out the plaster from between the bricks. The Sanitary Inspectors note minor as well as major defects and over 90% of these defects are put right by the landlords after receipt of an informal notice from the Senior Sanitary Inspector.

INSPECTION AND SUPERVISION OF FOOD.

Premises				Number	Inspections
Slaughter-houses	see note below	281
Bakehouses	31	32	13
„ Underground	1		
Dairies and Milk Shops	46	58
Cowsheds	33	63

The use of private slaughterhouses is still discontinued.

MEAT INSPECTION.

The large Abattoir of the Co-operative Society in Sheepen Road is still occupied by the Ministry of Food and all meat inspection in this abattoir is carried out by the Borough Sanitary Inspectors. The meat is supplied to a large area around Colchester as well as to the Borough.

Carcases Inspected and Condemned.

	Beasts excluding Cows.	Cows.	Calves.	Sheep and Lambs.	Pigs.	Total
Number Inspected ...	4,456	669	3,263	6,320	2,018	16,726
Whole carcasses condemned for T.B. ...	30	12	1	—	3	46
Other Conditions ...	2	8	—	10	2	22

Parts of Carcases or Organs Condemned.

	Beasts including Cows.	Calves.	Sheep	Pigs	Total.
	lbs.	lbs.	lbs.	lbs.	lbs.
Parts of Carcases ...	6,189	—	90	1,501	7,780
Organs ...	26,436	—	268	1,338	28,042

In addition to the above, 1,086 lbs. of imported Beef, 86 lbs. of imported Pork and 279 lbs. of imported Mutton were condemned.

The total number of carcasses inspected fell by almost 2,200 and it is gratifying to find that the number of whole carcasses condemned for tuberculosis fell from 72 to 46.

The total weight of meat condemned as unfit for human consumption was:—

30 tons 16 cwts. 2 qtrs. 14 lbs.

This is 5 tons less than was condemned in the previous year.

OTHER FOOD INSPECTION.

The following table gives the quantities of "other foods" which were inspected and found to be unfit for human food.

<i>Type of Food.</i>		<i>Weight in lbs.</i>	
Butter	14	(142)
Cheese	324	(268)
Bacon	191	(820)
Cooked Meats	174	(233)
Flour	16	(34)
Fish	1,526	(7,486)
Sultanas	137	
Cereals	217	(2,870)
Sausages	14	(4)
Corned Beef	1,276	(48)
Tea	2	(4)
Dates	62	(70)
Other Foods	314	(125)
Biscuits	9	(42)
Corned Mutton	234	
Jam	94	(179)
Raisins	206	(25)
Prunes	54	
Venison	80	
Sugar	33	
		4,978	(13,055)

The total weight of meat and other foods unfit for human food (excluding tinned foods, etc.) was:—

33 tons 3 qrs. 23 lbs.

Tinned Milk	471 tins
Other Tinned Foods	1,344 tins
Paste	7 jars
Eggs	73

These two tables differ considerably from similar tables given in the report for 1944. Though the articles are very much the same the quantities are frequently very different. For comparison the figures of the previous year are placed in brackets after the figures for 1945.

Milk (Special Designations) Order, 1936 to 1943.
Licences issued for sale of Graded Milk.

Pasteurised	15
Tuberculin Tested	4
Tuberculin Tested (Bottling)	1
Accredited (Bottling)	1
Pasteurised, Producer	3
Supplementary	1

Food and Drugs Act, 1938.

Samples.	Number of Samples.	Adulterated.	Nature of Adulteration.
New Milk ...	43	2	Fat deficient = 13%
Pasteurised Milk ...	9		" " = 7%
Cake Mixture ...	3		
Baking Powder ...	7		
Mustard ...	3		
Aspirin ...	1		
Essences ...	4		
Mixed Spice...	5		
Sponge Mixture ...	3		
Curry Powder ...	1		
Mixed Pickles ...	1		
Fish Paste ...	2		
Meat Paste ...	3		
Black Pepper ...	3		
Zinc Ointment ...	1		
Liquorice Powder ...	1		
Camphorated Oil ...	1		
Iodine ...	1		
Syrup of Figs ...	1		
Lard ...	6		
Butter ...	6		
Margarine ...	6		
Cheese ...	6		
Sugar ...	6		
Ground Ginger ..	1		
Bicarbonate of Soda ...	2		
Saccharine ...	1		
Sausage Meat ...	1		
Egg Substitute ...	3	2	(1) 70% deficient CO ₂ .
Vinegar ...	2		(2) 60% " CO ₂ .
	133	4	

The two adulterated milk samples were original samples. The vendors were warned and subsequent samples were found to be genuine.

The not genuine Egg Substitute samples were informal. Formal samples taken soon after were returned as genuine.

MATERNITY AND CHILD WELFARE.

The work of the Child Welfare Clinics is seriously handicapped by the shortage of Health Visitors and this difference was felt when Nurse Fletcher left in October. Although the four remaining nurses do their best it is quite impossible for them adequately to look after so large an area as the Borough and also to supervise the work of six Infant Welfare Clinics.

The Council has done its best to keep up the high standard of this work in Colechester by appointing Dr. Winifred Walker as Medical Officer to three of these clinics. But although this is most valuable assistance, it is no substitute for the work of a Health Visitor. Every effort should be made to encourage nurses to take up Health Visitor work.

If a Health Visitor cannot be found for the Borough the position will be still worse in 1946, as during that year another of the Health Visitors is likely to be leaving.

The visits paid to young children were just over 1,000 less than in 1944. The loss of Nurse Fletcher was an important cause of this but the reduction was also due to the Health Visitors having to pay a number of special additional visits in the first six months of the year owing to an outbreak of Measles.

HOME HELPS.

The Regulations make a distinction between "Home Helps" and "Domestic Helps," the former being solely employed looking after the homes of women who are incapacitated by child-birth. The latter may be engaged for cases of sudden illness or in short any emergency illness where domestic help is very necessary but not available. They cannot be engaged for a long period for a chronic illness.

The women are paid 1s. 6d. per hour by the Council and a proportion, or sometimes the whole amount, is recovered from the employer.

Unfortunately the number of women willing to undertake this work has been small, though those who have accepted these posts evidently like the work and there is plenty more such work if more women would apply for it.

The Superintendent of the Women's Hostel has been very helpful and she has provided 7 young women at different times to take posts as Home Helps. Throughout this Report the term "Home Help" is used to include "Domestic Help," as in actual practice the only distinction made lies in choosing suitable women for each job. The Hostel young women were all employed as domestic helps.

In addition there are two regular women who are excellent in either type of work and upon 3 occasions neighbours were prevailed upon to lend a hand in an emergency.

In spite of the paucity of the assistance available it is pleasing to report that no case of urgency was refused during the year.

WORK OF THE HOME HELPS, 1945.

Number of cases booked for assistance (excluding 5 later cancelled)	42
Confinement cases included above	24
Of these 3 were assisted by neighbours	
13 were assisted by Home Helps	
8 will be assisted in 1946	
Other forms of Emergency cases	18
Of these 1 was refused as there was no illness	
17 were for such conditions as—post- operative convalescence, heart trouble, severe shingles, fractured pelvis, etc.	

The arrangement with the District Nursing Association continues and 23 children were regularly visited and looked after during illness by the nurses of this association. Scabies and Impetigo were the reason for 16 of these cases. Some of them were so neglected that it was found advisable to remove them to the Isolation Hospital. To others the District Nurses gave most generous time and skill. The condition when neglected can become most unpleasant and difficult to cure and the District Nurses deserve great credit for the constant assistance they rendered. It seems a pity that in some way the parents cannot be made to appreciate their responsibilities for such cases.

SALES CENTRE.

It has been explained in previous Annual Reports that this Centre was established in 1943 to relieve the Infant Welfare Clinics of any necessity to supply dried milks, infant foods, bottles, teats, etc., as had been the custom up to that year.

This Centre continues to serve a most useful purpose. It is open from 9.30 a.m. to 12.30 p.m. and from 2.30 p.m. to 4.45 p.m. and throughout the day women are making purchases or receiving free issues of dried milk or some similar commodity.

WORK OF THE SALES CENTRE.

Number of Days the Centre was open	301
Cash taken in the Centre—	
	£ s. d.
Sale of Foods, M. & C. W.	2,370 3 4
Sale of Foods, School Children	96 16 4
M. & C. W. Dentures, etc.	19 12 6
Lotion for Scabies Treatment	5 5 3
Miscellaneous (including Splints)....	10 14 1
	<hr/> £2,502 11 6

Number of Receipts issued	16,065
Total Packets, Tins and Bottles of Food, etc., sold....	28,614
" " " " " given free	854
Number of Pills and Tablets sold	20,640
" " " " " given free	330
Different Articles supplied in the Centre	26

The articles supplied mostly consist of dried milks and similar products. The largest sale was of Cow & Gate Full Cream Milk and the sales of Cow & Gate Half Cream Milk, Ovaltine, Virol, Horlick's, Medicinal Paraffin and Humanised Trufood were all above the 1,000 mark.

Other items supplied were—Bemax, Cow & Gate Humanised Milk, Cod-liver Oil Emulsion, Farex, Feeding Bottles, Lactagol, Hemolac, Ostermilk No. 1 and No. 2, Parrish's Food, Valves and Teats for Bottles, Malt, Follow-on Trufood and Tablets of Iron Sulphate, Redoxon and Sodium Calcium Lactate.

Dentures will be noted among the articles paid for at the Sales Centre. These are supplied to expectant mothers and similarly splints are occasionally paid for in this Centre.

CLINICS AND TREATMENT CENTRES.

The Antenatal Clinic continued to be opened upon three afternoons each week and 148 sessions were held. The number of attendances was 2,701 and these were made by 501 women of whom 25 were post-natal cases who made 68 visits. The average attendance at the Clinics was 18.

A number of women attend this clinic from the surrounding districts and the above figures include 120 county cases.

A Military Welfare Centre for soldiers wives continues to be held at the Military Hospital and 65 women attended this clinic which is supervised by a lady Military Medical Officer.

The Infant Welfare Clinics continue to be very popular. The number of attendances have increased from 10,028 to 11,846, made up of 7,995 visits of infants and 3,851 visits by toddlers.

This increase may partly be ascribed to the sound practice adopted by the Council of engaging an additional Medical Officer to attend at some of these clinics. With six clinics it was quite impossible for Dr. Cushing to attend all of them regularly and carry out his other duties, and the Council were fortunate in obtaining the continued assistance of Dr. Walker who had undertaken Dr. Cushing's work while he was engaged upon military duties. She now looks after three Infant Welfare Clinics each fortnight and her assistance is much appreciated.

The Women's Welfare Clinic is still held once a month. It was open 11 times and 192 attendances were made.

There were 23 new cases from Colchester and women from neighbouring areas made 112 attendances.

The Orthopædic Clinic is attended by Mr. Ogilvie as Orthopædic Surgeon and the clinic meets once a quarter. It is primarily a clinic for school children but pre-school children are welcomed as the sooner congenital crippling defects are seen to the better. Altogether 48 pre-school children made 62 attendances.

They also receive the benefits of the Orthopædic Massage Clinic, which was transferred at the end of the year to the Gas-cleansing Centre in Culver Street. The new rooms there are excellent for the purpose and Miss Taylor, the masseuse is there every day carrying out necessary treatment. 19 pre-school children attended and made 52 attendances.

The Dental Clinic. This is another Education Department Clinic and not only pre-school children but also expectant mothers are recommended to this clinic upon one afternoon each week. There were 43 sessions and 56 women and 13 pre-school children made 228 attendances.

DAY NURSERIES.

It is not only a pleasure to change the title of this section of the Report from War-time Nurseries to Day Nurseries but it is particularly satisfactory that the Borough Council in spite of the heavy additional expense decided that these Nurseries must continue.

It is not speaking too strongly when they are described as a godsend to many mothers and children. There are some 50% of the children in these nurseries who are illegitimate or the children of widows or whose fathers are sick or incapacitated and in such cases the mothers must work and their anxiety and terror was heart-rending when they heard there was a possibility of the Nurseries being given up.

The Nursery Schools, closing each day at 4 or 4.30 o'clock and on Saturday mornings and with their long holidays, cannot take the place of these Nurseries.

Both Brook Street and Sheepen Road Nurseries have remained quite full. In fact, since the end of the war there have been more applications for admission to them than during the war.

MIDWIVES.

In spite of the general shortage of midwives, the number practising in the Borough has increased by 3. There were 35 and now there are 38, 9 of these being in private practice.

The District Nursing Association continues to accept responsibility for the municipal midwifery of the district and a

annual payment is made to the Association according to the number of cases they undertake.

The following table shows a slight general diminution in the number of midwifery cases in the Borough.

Midwives Act, 1936.	As Midwives		As Maternity Nurses	
	1944	1945	1944	1945
Births attended by the District Nursing Assoc. Midwives	133	85	37	29
Births attended by Private Midwives	144	157	29	10
Births attended in Institutions	549	493	516	566

There was a slight falling off in the number of cases looked after in Institutions. The total for 1944 was 1,065 and for 1945 it is 1,059. The figures for the various institutions were:—

Distribution of Institutional Confinements.

	1944	1945
Borough Maternity Home	656	661
St. Mary's Hospital	224	220
Colchester Private Nursing Home	144	149
Essex County Hospital	41	29

The Midwifery Emergency Unit was called upon on 4 occasions during the year. Three of the patients were Colchester women and the fourth lived in Boxted. The help of the Unit was of value in each case and all the patients made good recoveries.

Puerperal Pyrexia notifications were received in respect of 13 cases, 5 from St. Mary's Hospital, 4 from the Borough Maternity Home, 1 from Military Quarters and 3 from private houses.

It is very satisfactory that such cases are readily notified as early treatment is of great value and frequently hospital care is desirable. Ten of these cases were admitted to the Isolation Hospital and eight more from adjacent County Districts. All the 21 patients recovered.

REGISTER OF FOSTER MOTHERS AND BOARDED-OUT CHILDREN.

Part VII Public Health Act, 1936, Sections 206-220.

	1944	1945
Children on Register 31st December	22	21
Names removed from Register	15	12
Additions during the year	11	11
Foster Mothers on Register	17	15

More foster mothers are needed. Before the war there were double the number and it would be most helpful if their num-

bers would increase. Instead the number is slowly falling. In 1943 there were 21.

ADOPTION OF CHILDREN (REGULATION) ACT, 1939.

Number of Notices received	5
„ „ Children on Register 31st Dec., '45	3
„ „ „ Removed from Register	2

These figures are much the same each year. Temporarily adopted children are visited from time to time in the same way as the boarded-out children. Also before adoption is approved a report upon the home conditions is always sent to the Adoption Society that makes the arrangements.

NURSING HOMES.

St. Helena Nursing Home, which was at 163, Maldon Road, closed down during the year and moved into more commodious premises at 6, Oxford Road. Formerly this Home accommodated 4 patients. There will now be room for 10 in the new house, which is airy and well-lighted and very suitable for the purpose to which it has been readily adapted. This Home caters chiefly for old persons and chronic sick cases.

The Colchester Private Nursing Home has accommodation for 16 patients. For a short time all these beds were given up to midwifery cases but this was found to be unsatisfactory and now never more than 8 midwifery patients are accepted. The rest of the beds are for medical and surgical cases.

BOROUGH MATERNITY HOME.

Work of the Home.			1944	1945
Admitted: Borough Patients	318, from County Council Area	314, from Harwich 7, Private outside district cases	30
Delivered in the Home	664	669
Admitted for Ante-natal Care only	8	8
Delivered by the Nursing Staff	325	273
„ „ Doctors	331	388
Forms sent for Medical Aid under the Midwives Acts	107	99

The number of patients admitted to this Home still increases and the pressure upon the beds is heavier than ever. It has been frequently necessary to send patients home a few days before the fortnight they should remain in the Home is up, to make room for patients due for admission and some cases booking late have had to make arrangements as best they could at home or elsewhere.

It will be seen that 8 patients were admitted for ante-natal

care and this kind of maternity work should be developed, particularly at the present time when home-care for such patients is so difficult. Also additional accommodation for premature babies would be of great value. In fact, if the Home could be enlarged still further it would be found an institution of even greater value than it is at the present time.

Emergency cases are always admitted if a bed can possibly be found for them and lives have been saved by the prompt treatment of these patients. During the year 29 emergencies were admitted, 13 more than in 1944.

There were 18 still-births and 12 infant deaths. Only one maternal death occurred and this was from eclampsia with cerebral hæmorrhage.

PREVALENCE OF, AND CONTROL OVER, INFECTIOUS DISEASES.

Notifiable Diseases (other than Tuberculosis) during the Year 1945.

(Civilian and Military Cases.)

[illegible]

The greatest change in the above figures is the fall in the number of cases of Epidemic Jaundice. In 1944 there were 147 notifications but the outbreak in this part of the County appears to have exhausted itself and in 1945 only 29 cases were notified.

It is very satisfactory to note that Pneumonia notifications fell from 65 to 46. There had been a reduction in the Dysentery cases in 1944 to 27 but these rose again in 1945 to 53, of which 38 were Sonne Dysentery and 15 of the Flexner type. 12 of the latter were from the German prisoner-of-war camps.

Only one case of Food Poisoning, now a notifiable disease, was notified.

ISOLATION HOSPITAL.

Cases admitted to the Isolation Hospital, 1945.

AUTHORITY SENDING IN CASES	Scarlet Fever	Diphtheria	Typhoid Fever	Cerebro-Spinal Fever	Measles	Puerperal fever	Erysipelas	Miscellaneous	Total
Braintree Joint Hospital Board	1	—	—	—	—	—	—	1	2
Halstead Joint Hospital Board	4	—	—	—	—	—	1	1	6
Private Case	1	—	—	—	—	—	—	—	1
N.A.A.F.I.	—	—	—	—	—	—	—	2	2
Colchester Borough	75	7	3	—	21	2	2	37	147
Essex County Hospital	1	1	—	—	—	—	—	2	4
Mental Institutions	—	—	—	1	1	—	—	—	2
Service Depts.	17	22	—	6	22	—	1	199	267
Wivenhoe U.D.	1	—	—	—	1	—	—	—	2
Brightlingsea U.D.	—	—	—	—	—	—	—	1	1
Tendring R.D.	7	—	—	—	—	—	—	—	7
Lexden and Winstree R.D.	5	—	—	1	1	—	—	3	10
Melford R.D.	1	3	—	—	—	—	1	—	5
Essex County Council... ..	—	—	—	—	—	8	—	46	54
Clacton U.D.	6	3	—	1	—	—	—	4	14
Sudbury U.D.	3	1	—	—	—	—	—	2	6
Frinton and Walton U.D.	—	—	—	1	—	—	—	—	1
Harwich Borough	9	—	1	—	—	—	1	2	13
TOTAL CASES...	131	37	4	10	46	10	6	300	544
DEATHS { COLCHESTER	—	1	—	—	—	—	—	3	4
{ OTHER DISTRICTS	—	—	—	—	1	—	—	7	8

The number of cases admitted to the Hospital was 5 less than in 1944. The miscellaneous cases were a good deal more numerous than usual. They consisted chiefly of the following diseases:—Tuberculosis, Chicken-pox, Rubella, Mumps, Tonsillitis, Influenza, Whooping Cough, Dysentery and Scabies.

In addition certain seriously ill patients were admitted suffering from such conditions as Pneumococcal Meningitis, Ludwig's Angina, Septic Abortion, Cellulitis, etc., etc.

The number of deaths was 12 from—advanced Pulmonary Tuberculosis (6), Pneumococcal Meningitis (2), and one each from Whooping Cough, Measles, Diphtheria and Septic Dermatitis.

Six of the staff were admitted to the wards suffering from—Scarlet Fever, Paratyphoid Fever, Mumps, Tonsillitis and Laryngitis.

The serious shortage of both nursing and domestic staff continues. There is still no cook in the Hospital and two of the sisters continue to cook for the whole institution.

Tuberculosis.

Age Periods	New Cases				Deaths			
	Pulmonary		Non-Pulmonary		Pulmonary		Non-Pulmonary	
	M.	F.	M.	F.	M.	F.	M.	F.
Under 1
1	...	1	...	1
2-4	...	1	3	1	1	...	1	1
5-9	4	2
10-14	1	1	1	...
15-19	...	3	2	1	...
20-24	...	3	5	2	1
25-34	...	5	6	2	3
35-44	...	6	8	1	1	2	1	...
45-54	...	2	3	1	1	1
55-64	...	5	2	...	1
65 and upwards...	...	3	1	1
Totals	...	22	31	10	8	6	6	2

The percentages of cases that have died of Tuberculosis during the past five years, without having been previously notified, were—

1941	1942	1943	1944	1945
38.1%	28.6%	23.8%	27.7%	13.6%

Tuberculosis Register.

	1943	1944	1945
Pulmonary Cases	169	176	188
Other Forms of Tuberculosis	88	95	96

It should be noted that the percentage of cases that have died

without previous notification has fallen considerably to the satisfactory figure of 13.6%. There will always be a certain number of deaths from this disease without notification. Some are only diagnosed after post-mortem examination.

The increase in cases recorded in the tuberculosis register is still continuing. This is only to be expected for a few years as an aftermath of the war.

During the year a table of deaths from all forms of Tuberculosis was prepared. The following figures are most instructive as showing the steady diminution in the number of fatal cases of this disease.

1915-1924	1925-1934	1935-1944
1,001	550	482

The two highest death returns from this disease were 179 in 1918 and 128 in 1919. It will be seen that these both were immediately after the First World War.

The lowest returns were 39 in both 1937 and 1938. Though not included in the above figures it is significant that the figure for 1945 is 38, the lowest yet. Non-residents are included in these figures.

The first figure shows the position during and immediately following the First World War and Influenza Period. The next figure extends over the time of recovery, the Inter-War Period. The third figure indicates the check, though not the complete reversal of the constant improvement since 1924, which was brought about by the Second World War.

Public Health (Prevention of Tuberculosis) Regulations, 1925.

Public Health Act, 1925, Section 62.

„ „ „ 1936, „ 172.

Treatment of Blind Persons.

Public Health Act, 1925, Section 66.

„ „ „ 1936, „ 176.

No action was required under any of these Sections.

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HEALTH OFFICES,

TRINITY STREET.